





STUDIO		SPINNING		AQUA FIT	
YOGA		Plan to develop cardiovascular fitness, endurance, and efficiency climbing hills, racing flats, and using heart & muscle. Riders of all abilities can work out together but individually. Choose your speed, resistance level and terrain to train safely.		AQUA ZUMBA. Splash your way into shape w/an invigorating low-impact exercise. Aqua Zumba gives new meaning to the idea of a refreshing workout. Integrating Zumba with cardio-conditioning, body-toning & great workout.	
Specifically designed to balance & elongate the areas of the body. Modifications are provided along with guided postures, moves & techniques. Work to create muscle balance and structural integrity combined with challenges and relaxation to take fitness aspirations to a new level.		SpinPOWER		EASY DOES IT (45 MINS) NEW!	
ABS & THIGHS		SpinPOWER. Use POWER to develop strength, speed, increase fat loss, plus improve fitness. We feature the new ION Strain Guage Power Spinner. Plan to find your unique and adaptive "P.S.T." (personal spinning threshold)		Shallow-water movement to improve agility and flexibility while addressing cardiovascular strength and endurance. No swimming ability is required. Low impact class helps to improve balance and coordination.	
An Interval format designed to help train the those problem areas. This workout may blend of bosu, balance work, cardio & resistance training, balls, weights, and dance barre, in a high energy hour...		RULES OF THE ROAD		AQUA FIT & MIX SHALLOW WATER	
C.O.R.E.		-Please plan to arrive prior to start time so that bike set-up and questions can be addressed. 		Try a little of everything in this class... power moves, shallow end moves, cardio movements and toning exercises. These movements will move every muscle in your body and increase energy and vigor. The workout will end with a gentle cool-down and stretch segment. Water shoes are recommended for shallow classes	
A mix of RNT(Reactive Neuromuscular Testing), Pilates, & functionally based movements that create muscle balance, inner core strength, proper body alignment & muscle mechanics. Plan to develop integrative training techniques that will balance, lengthen, strengthen & challenge your body & mind.		-Plan to arrive ON TIME as late attendees will not be admitted. It is important to stay for the entire ride so early departure is discouraged. 		MASTER SWIM	
ZUMBA		-Keep conversations to a minimum during the ride. -Bring a towel and water bottle to each spin ride. -We recommend a heart rate monitor for intensity. 		6:00 PM Mon Wed Fri This program is designed for those individuals looking for a group training atmosphere. All practices will be run by an on-deck coach. Practices will be designed for each swimmer plus coaching as necessary.	
Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and get in shape at our dance-fitness party. Classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating!		PACE YOURSELF. "You can not get fit in one ride, just as you can not live your life in one day". 		GROUP FITNESS ETIQUETTE	
L.I.F.T.		TRX TRAINING		Group Fitness workouts are designed for ages 16 and older. We do not allow infants or toddlers in our studios/pools during workouts.	
A class for anyone who wants a little "weight" in their workout. Plan to work hard, as we challenge even the "hardest body". We will educate you on proper techniques, lifting methods, and motivate you to reach your potential and challenge your strength and stamina. You will feel & look great!		All TRX workouts are "all core, all the time" PLUS a great upper and lower body workout. For all levels of fitness. It compliments all types of training with lots of challenging variety. You'll get stronger faster!		If you arrive after class "start time" you will not be admitted into class. No talking or cell phone use during class.	
20-20-20		TRX INTERVAL An Interval format designed to help train whole body. This workout blends balance work, cardio & resistance training in a high energy hour... come take the CHALLENGE!		Due to equipment, air handler capacity, fire code, and space limitations, our fitness classes may be limited. (First come, first serve) .	
An Interval format designed to help train the whole body. This workout may blend TRX, RIP, bosu, balance work, cardio & resistance training, balls, weights, and dance barre, in a high energy hour...		TRX & RIP adds RIP trainers for additional variety and challenge. Get in "balance" with this new tool.		Group Fitness Prices	
		FUNCTIONAL MOVE & STRETCH		\$6 Resident	
		This form of stretching reprograms your brain and your body to improved flexibility, range of motion, as well as reducing body stiffness. Great for athletic recovery and most forms of chronic disease, fatigue and pain management.		\$7 Non Resident	
				10 pack Fitness Passes	
				\$40 Member & Resident	
				\$50 Non Resident	